



# SEVERE WEATHER AND HEAT

---

## IN THE EVENT OF LIGHTNING

The safety of players, coaches, management and spectators is the primary concern in any weather event that occurs during all matches sanctioned by Canada Soccer. By understanding and following the information below, the safety of everyone shall be greatly increased. Ultimately the match official has the final say over delaying or restarting a match due to weather. Waiting to stop play or not waiting to start play may result in a serious injury or loss of life.

[Canada Soccer Lightning Policy \(Updated July 11, 2017\)](#)

## HIGH HEAT AND HUMIDITY

The guidelines below are provided to prevent and help with any discomfort & risks associated with high heat and/or humidity.

[Range of Humidex](#)

## HEAT RELATED INJURIES

There are some simple guidelines which have been prepared by the American College of Sports Medicine (ACSM) when it comes to running activities in a hot and/or humid environment. The goal in participating in hot weather is to avoid fluid loss from the body or dehydration. Educating athletes, coaches and officials is key to identifying and preventing these injuries from occurring.

[Read about preventing and identifying heat related injuries](#)